

110. BERG-BALANCE TEST :- consist of 14th different functional task which the pt needs to performe the therapist grades the performance of each task with the scores from zero (0) to 4.

→ '0' grading is for unable to performe that score '4' for ability to performe without difficulty. The task consist of :-

1. sitting to standing.
2. standing unsupported for 2 min. without holding on to an external support.
3. sitting unsupported with feet on floor for 2 min.
4. standing to sitting.
5. Transfer one place to another place (simple walking).
6. standing unsupported with eye close with 10 sec.
7. standing unsupported with feet together.
8. Reaching forward with out stretch up.

9. pickup object ^{from} of the floor.
10. turning to look behind over the left & right shoulder.
11. Turn 360° around.
12. count no. of times the step ^{state} ~~slide~~ is touch in foot in one min.
13. standing unsupported one foot in front (fun-
standing).
14. standing ^{on} one leg.

→ The limitation of this test is that the test does not include any activity which needs to automatic or reactive postural control.